



World Mental Health Day

Event Programme

7-11 October 2019

World Mental Health Day is celebrated each year on October 10th. It is an initiative introduced by the World Federation for Mental Health who say...

'World Mental Health Day celebrates awareness for the global community in an empathetic way, with a unifying voice, helping people feel hopeful by empowering them to take action and to create lasting change'

Wellbeing: Feeling Good & Functioning Well

We're marking World Mental Health Day with a week-long event for the whole University community over 7-11 October. We all need to take care of our mental health and wellbeing whether we have a mental health problem or not. That's why we are exploring the 5 ways to wellbeing; five evidence-based actions you can take to improve your personal wellbeing as identified from research by the New Economics Foundation.

Take Notice...

Connect...

Be Active...

Keep Learning...

Give...

Each day we are providing you with opportunities to discover each of the '5 ways' through a number of talks and activities. If you are inspired by anything you experience during the week, we want to encourage you to *keep going*. There are some suggestions for how you could do this within this programme.

From Newcastle. For the world.

This year's World Mental Health Day theme, set by the World Federation for Mental Health, is suicide prevention. In recognition of this, Professor Jacqui Rodgers from the Institute of Neuroscience is joining us to talk about the prevalence of suicide in autism and the work undertaken by her research group in identifying research and policy priorities to prevent suicide in autism.

WORLD MENTAL HEALTH DAY



Read on to find out how you can take action and join in with the event. You'll find a calendar showing an overview of everything that is going on on the last page. If you have a disability or any additional needs and require assistance in order to fully participate, please contact ohss-safety@ncl.ac.uk. You will be contacted by one of our team to discuss your specific needs. You can also contact ohss-safety@ncl.ac.uk or call 0191 208 3184 if you have any other questions.

Please share what you have participated in throughout the week on social media using [#NUWMHD19](#) and [#worldmentalhealthday](#).

If you would like to find out more about the World Federation for Mental Health you can do so via these links.



[@WMHDay](#)



[@WMHDay1](#)



[wfmh.global](#)

All event enquiries to ohss-safety@ncl.ac.uk

Take Notice *Monday, October 7*

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Talks

Antidepressants and Their Effects on Feelings

Hamish McAllister Williams, Professor of Affective Disorders, Institute of Neuroscience

Hamish is a psychiatrist with a specific interest in mood disorders. In this engaging talk, Hamish discusses antidepressants and how they might alter feelings.

Dental School Lecture Theatre D, 10am-11am  

For: Everyone.

No booking required: just turn up.

Activities

Our Flora and Fauna

Tom Vasey and Paul Cowen, Estate Support Service

How often do you walk through the campus without taking any notice of your surroundings? Join Tom, Ground Manager and Paul, Head Gardener for a tour of the beautiful flora and fauna to be found around our campus. Find out about our fantastic grounds and gardens, and our approach to landscaping.

Tours starting from the Arches, 11am-12pm or 2pm-3pm 

For: Everyone (dress appropriately for the weather).

Booking required: each tour limited to 20 people.

book
here

Introduction to Mindfulness

Michael Atkinson, Teaching Fellow, School of Medical Education

Mindfulness is a practice and a way of living that involves paying attention to our internal and external experiences from moment-to-moment, with an attitude of kindness, acceptance and appreciation. In this session you will get the opportunity to experience the practice of mindfulness and you will be introduced to some of the teachings and research evidence that underpins it, particularly related to how it can enhance well-being and mental health. There will be plenty of opportunity for discussion and questions

King's Gate Level 1 Room 1.26, 1pm-1.30pm 

Centre for Life, East Wing, G02, 3pm-3.30pm 

For: Everyone, with out without prior experience in mindfulness or meditation.

No booking required: just turn up.

Yoga and Writing

Kate Chedgzoy, Professor of Renaissance Literature and Yogi, School of English Literature, Language and Linguistics

Yoga is often recommended as a counterbalance to negative effects of work, calming stress and soothing tired shoulders and aching backs. This workshop combines gentle, exploratory movement with guided writing exercises to explore whether we can not simply alternate between physical and mental practices, but bring both together in fruitful ways.

King's Gate Level 1 Room 1.26, 3pm-5pm 

For: Everyone who spends a significant time writing as part of their job/studies and for all levels of yoga practitioners including beginners. Wear clothing you can move in freely and bring a notebook and pen.

Booking required: Session limited to 10 people.

book
here

Keep Going

Lunchtime mindfulness sessions are offered by Michael Atkinson throughout the year. They are available to everyone. Find more details on Michael's blog.

blogs.ncl.ac.uk/michaelatkinson

Organisational Development offer **Introduction to Mindfulness workshops**. These are available to colleagues who are new to mindfulness and meditation. The workshop aims to help you to understand the background and potential benefits of mindfulness, learn some basic meditation techniques and consider how they may use this in the work/life. More details and available dates can be found on the Learning Management System.

elements.ncl.ac.uk

The Buddhist Chaplaincy organises guided **Meditation for Relaxation** sessions, usually around lunchtime in the Student Union. They are available to everyone. Times, dates and locations can be found on the Buddhism at Newcastle University website.

lotusinthemud.typepad.com/buddhism_at_newcastle_uni

Pianos on Campus

The act of playing/listening to a musical instrument can help us savour a moment of 'time out' in the midst of a busy day, and not only for the benefit of the performer. Many colleagues and students do not have easy access to a piano. Therefore, across the University you will now find 'Pianos on Campus' which follow the St Pancras model of being in communal places for everyone to play whatever their musical ability. You will find them housed in:

- Student Union, Luthers Bar
- Student Union, First Floor Recreation Space
- Frederic Douglas Building, Exhibition Space
- Dental School, Student Common Room

Students can check where they will be on the Newcastle University app.

Each piano has the following sign letting you know that...



Connect *Tuesday, October 8*

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Talks

Dogs in the Workplace

Lucy Robinson, Lecturer in Clinical Psychology, School of Psychology

Many people benefit from a connection with animals. Lucy has piloted an scheme for bringing her dog, Sammie, to work with her in the School of Psychology, allowing colleagues to drop in to see Sammie or go for a walk with her at lunchtime. Find out about the steps that Lucy took to get this pilot off the ground and the benefits this has had on her colleagues' wellbeing.

King's Gate Level 1 Room 1.26, 9.30am-10.15am 

For: Everyone. Please note that Lucy's dog Sammie will also be in attendance!

No booking required: just turn up.

Promoting a Disability Inclusive Culture at Newcastle University

Becca Wilson, UKRI Innovation Fellow, Institute of Health & Society and Chair NU Disability Interest Group

Coffee break talk. Come and find out more about the NU Disability Interest Group (DIG).

We are a peer-led disabled staff and student network. Hear about the work we've achieved so far and future initiatives that will promote a disability inclusive culture on campus.

Refreshments kindly provided by the DIG committee.

King's Gate Level 1 Room 1.26, 10.30am-11.30am 

For: Everyone

No booking required: just turn up.

Let us know if you have any dietary requirements.



Activities

Reclaim Your Lunch Break with JustAsk

Connect with colleagues this lunchtime. Abandon your desk and come and have lunch with us instead! We'll put on a spread for you but you are welcome to bring your own lunch with you if you prefer. This activity is hosted by JustAsk. JustAsk is a service operated by a team of volunteers offering confidential support and direction to colleagues who are feeling stressed. Some of the JustAsk volunteers will be around and will be happy to talk to you about everything that JustAsk can offer. Look out for the Student Health and Wellbeing stall afterwards too.

Devonshire Building G21/22, 1pm-2pm 

For: Everyone

No booking required: just turn up.

Let us know if you have any dietary requirements.





Learning how to prevent suicide: lessons from autistic people and their allies

Jacqui Rodgers, Professor of Psychology, Institute of Neuroscience

Research reports higher suicidality rates amongst autistic adults than the general population, but research has yet to explain how the unique challenges facing autistic adults lead to suicidality. Recent studies reported a 9-fold increase in death by suicide amongst autistic adults and higher rates of suicidal thoughts than in the general population, psychotic and student samples. In clinical and non-clinical samples autistic characteristics are independently associated with suicidality beyond other factors, such as psychiatric disorder, previous suicide attempts, depression, anxiety, unemployment and satisfaction with living arrangements. Furthermore research has identified that autistic adults more frequently experience general population suicide risk factors, such as abuse and depression, but also unique risk factors, such as social camouflaging (masking autistic characteristics to fit in) or coping with life without required support. This talk will explore the research on suicide in autism including the latest international research findings in relation to effectively understanding, identifying and managing risk of self-harm and suicide in autistic people. Some recent work undertaken by our research group to identify research and policy priorities to prevent suicide in autism, in partnership with autistic people and their allies, will then be outlined. Finally we will reflect on where we go from here to improve our understanding of suicide prevention.

Tuesday October 8th, King's Gate Level 1 Room 1.26, 12pm-1pm 

For: Everyone - but this talk is of a more academic nature than the other sessions.

No booking required: just turn up.

Keep Going

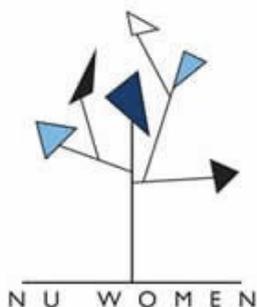
Join one of the **University networks**. These are open to colleagues and PGR students and aim to provide you with a supportive network of allies and give you a voice.

Click on the images below to find out about each of them.

Disability Interest Group (DIG)

rainbow@ncl

BAME



NU PARENTS NETWORK



NU TechNet

Carers' Network

Another way for colleagues to connect with others is via **Yammer groups** such as the Social Events group. Explore Yammer at the following link.

www.yammer.com/newcastle.ac.uk

For students, **societies** are a great way to connect with others. With over 160 societies to choose from you are sure to find something to match your interests. Find a society for you on the NUSU website.

www.nusu.co.uk/getinvolved/societies

Be Active *Wednesday, October 9th (and Tuesday 8th)*

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Wednesday is our main Be Active day but we have some activities on the Tuesday. Check the dates carefully.

Talks

Exercise for Health and Wellbeing

Owen Jeffries, Lecturer in Health and Exercise Physiology, School of Biomedical Sciences

Exercise, the miracle cure we've always had? Owen explains how physical activity benefits your health and wellbeing and shares some tips for how you, like Charles Darwin, can incorporate exercise into your routine.

Boiler House, 2.30pm-3.30pm, Weds 9th 

For: Everyone.

No booking required: just turn up.

Tuesday Activities

Badminton

Liam Isaac, Sports Development Officer

Bring your trainers and join other colleagues at this pitch up and play style session at the University Sport and Fitness Centre. Session open to all abilities, with rackets and shuttles provided.

Sports Centre, 12pm-1pm, Tues 8th

For: Colleagues.

Booking required: Session limited to 30 people.

book
here

Squash

Liam Isaac, Sports Development Officer

Our new squash courts at the University Sport and Fitness Centre are waiting for you. Session open to all abilities with rackets and balls provided.

Sports Centre, 5.30pm-7pm, Tues 8th

For: Colleagues.

Booking required: Session limited to 16 people.

book
here

Wednesday Activities

Active Commute Day

Today we challenge you to walk, run, cycle, scoot, skip, canoe or in some other way travel actively to work or lectures. If the full journey is too far you could try parking the car a little bit further away or getting off the bus or metro a stop or two early. Share a picture of your commute on social media using #NUWMHD19 and #BeActive or email it to ohss-safety@ncl.ac.uk (must be posted/sent on 09/10/19). The first 10 people to do so will receive a £5 Eat@Newcastle voucher.

[Your house, set off early enough to get in on time, Weds 9th](#)

For: Everyone.

Reclaim Your Lunch Break with the Lunchrun (or walk)

[Sasha Gartside and Bas Olthof, Academics from the Institute of Neuroscience and keen runners](#)

Come down to Exhibition Park this lunchtime and try out the Lunchrun. Lunchrun is a 3 lap 2.5ish mile run held every Wednesday. If you don't want to run the whole 2.5 miles you can choose to do just 1 or 2 laps. If you don't want to run you are welcome to walk as many laps as you like - Lycra is not compulsory! Bring your Smartcard with you and get the barcode scanned if you would like to record a time. Find your results and more information, including a map of the course, on the Lunchrun website. research.ncl.ac.uk/lunchrun

[Exhibition Park, path opposite the cafe - look out for the banner.](#)

[Start any time between 12pm-1.30pm, Weds 9th](#)

For: Everyone.

No booking required: just turn up.



NU Wellbeing Run - Couch to 5K

[Jo Faichney, People Services Adviser and Run Leader \(LiRF\)](#)

Today Jo is launching a Couch to 5K running group for University colleagues and students. Couch to 5K is a running programme for absolute beginners starting with a mixture of running and walking and gradually building up to being able to run 5K, over a period of 10 weeks. If this sounds like something you would be interested in, Jo is hosting an informal run/walk at today's Lunchrun (see above) so you can try out a session and find out more. If you would like to commit to the full programme Jo will give you the details to book on (her email address is below).

[Meet Jo at the start of the Lunchrun - Exhibition Park near the cafe - look out for the banner. 12pm, Weds 9th](#)

For: Everyone.

Booking required: contact jo.faichney@ncl.ac.uk.

Keep Going

The Sport and Fitness Centre has something for everyone including inter-mural sport, exercise classes, sports massage and a staff sport programme. Find membership prices and further information on the Sports Centre website.

www.ncl.ac.uk/nclsport

Colleagues (full or part time) who have not previously taken out a Sports Centre membership are eligible for a FREE 14 day 'GOLD' Level membership.

The **Lunchrun** is on every Wednesday, all year round, come rain or shine.

Join the NU Lunchrun facebook group for motivational messages and reminders to remember your kit!

www.facebook.com/groups/NUlunchRun



Inclusive Sport at the Student Union provides programmes and initiatives aimed at increasing engagement with sport, removing barriers and offering support to all students. This includes a disability sports programme designed to help students keep active, have some fun and enjoy healthy competition.

www.nusu.co.uk/getinvolved/sport/inclusive

There are many ways to **keep running**. You can find informal, friendly, running groups on the RunTogether website, which is an England Athletic initiative to help people run with others.

Parkrun provides free, timed 5k runs every Saturday and Great Run Local offers free, timed 2k or 5k runs every Sunday. See if there is one near you.

[Click on the images below to find out about each of them.](#)



Join Newcastle alumni, colleagues and students across the globe in our inaugural **virtual 5k** taking place on 11-13 October. Take part in the free virtual 5k from any location you choose on that weekend. You can run, jog, walk, push, swim, cycle (the list is endless) at the gym or in an open space (or even at another race). Your time doesn't matter. Run your own race, at your own pace, share your photo using #NCL5K and be part of something special. Join our group on Strava: NSCL5k to track you progress.

[Enquiries to Rebecca.Stobbs@newcastle.ac.uk](mailto:Rebecca.Stobbs@newcastle.ac.uk)

Cycle to work? Colleagues can purchase bikes and associated equipment such as helmets and locks up to the value of £1000 through the **Cycle Scheme**. This scheme allows you make savings of between 30.4 and 53% via a salary sacrifice arrangement. There is more information on the People Services website.

newcastle.sharepoint.com/hub/people-services/Pages/Cycle-Scheme.aspx

You can find more information about **active travel**, including cycling and walking to work from the Sustainability team.

www.ncl.ac.uk/sustainable-campus/themes/travel/

Being active can be as simple as **getting up from your desk** every so often. We recommend that you get up every hour. You can install apps such as Break Reminder (find it on Microsoft Store) on your computer that allow you to set reminders.

Keep Learning *Thursday, October 10*

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Talks

Your Employee/Postgraduate Assistance Programme

Health Assured

Health Assured provide an assistance programme for Colleagues and Postgraduate Students. Through Health Assured you have access to counselling, financial advice, legal advice and a whole range of other services to support your wellbeing. Come and learn more about this service at one of the talks or the informal lunchtime drop-in. We have sessions suitable for anyone, a session just for postgraduate students and a session for line managers.

Bamburgh Room, Hadrian Building 

9.30am-10am - General session for anyone

10:30am-11am - Postgraduates

11.30am-12pm - General session for anyone

12pm-1pm - Informal drop-in stand

1pm-1.45pm - Line managers

For: Colleagues or Postgraduate Students - pick a session most relevant to you.

No booking required: just turn up.

Activities

Mindset Bootcamp

Organisational Development

Forget burpees and planking. At this bootcamp we'll be training you to build a very different kind of strength and fitness. Visit each of our stations and learn lifelong techniques to strengthen your resilience.

Urban Sciences Building Event Space (G.003) , 9.30am-10.30am 

For: Everyone.

Booking required: Session limited to 60 people.

book
here

Greek Taster Sessions

Eleni Janko, Learning Support Aide, School of Modern Languages

An introduction to Greek language and culture - no prior experience necessary!

Language Resource Centre, Old Library Building, 12pm-12.30pm or 2pm-2.30pm

For: Everyone.

Booking required: Each session limited to 20 people.

book
here

#PGRwellbeing4all

TBC

Find out more about the #PGRwellbeing4all project and have your say in this interactive workshop for postgraduate students. Look out for the Student Health and Wellbeing stall afterwards.

Bamburgh Room, Hadrian Building, 3pm-4pm 

For: Postgraduate Students.

No booking required: just turn up.

Keep Going

If you are interested in learning a language, the **Language Resource Centre** can help. Located in the Old Library Building, the Language Resource Centre is dedicated to independent language learning. Resources include a wide variety of materials in over 50 languages and Newcastle University colleagues and students can access it all for free. You also have access to a free language app called uTalk. Click on the image below to download the app - log in by selecting 'student login' and enter your campus username and password.

www.ncl.ac.uk/language-resource-centre



Give It a Go at the Student Union arranges hundreds of free or discounted activities each term allowing lots of opportunities for students to try something new.

www.nusu.co.uk/getinvolved/giveitago

Colleagues can learn something new with **Organisational Development**, from IT literacy to personal impact.

newcastle.sharepoint.com/hub/orgdev

Give Friday, October 11

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Activities

Nightline: All Term. All Ears.

Nightline Volunteers

Nightline is a student listening service run by fellow students. We provide an invaluable and reliable service that any student can access between 8pm and 8am during term time. Come and find out more about Nightline and how you can volunteer.

Student Union, Daniel Wood Room, 10am-10.30am 

For: Students.

No booking required: just turn up.

Go Volunteer

Go Volunteer Team

Go volunteer offer over 200 volunteering projects. Find out how to sign up to a project and learn about the benefits of getting involved.

Student Union, Daniel Wood Room, 11am-11.45am 

For: Everyone.

No booking required: just turn up.

Campus Volunteering with the Grounds Team

Tom Vasey and Paul Cowen, Estate Support Service

Help to keep our campus in good shape. Choose between litter picking or weeding with our grounds team.

Meet at the Arches, 12pm-1pm

For: Everyone.

Booking required: activity limited to 20 people.

book
here

Micro Volunteering

Go Volunteer Team

Do Good, feel good. Pop in any time between 12 and 1 to find out how doing good will help you to feel good. It only takes 15 minutes. We will be sewing small 'wiggly bags' for children with Hickman lines and writing postcards to sick children.

Student Union, Daniel Wood Room, 12pm-1pm 

For: Everyone.

No booking required: just turn up.

How Volunteering Can Benefit Your Mental Health

Go Volunteer Team

Join in with this open discussion about how volunteering can benefit your mental health, contribute your experiences or pick up some helpful hints and tips. A safe place to discuss and find out more.

Student Union, Daniel Wood Room, 1.15pm-1.45pm 

For: Everyone.

No booking required: just turn up.

Keep Going

Students can find the perfect volunteering opportunity with **Go Volunteer**. Go Volunteer manage their own community projects, including N.E.S.T, Stu Brew, Study Support, Art into Schools and many more. They also work with over 150 charities, schools, community and voluntary groups to offer a diverse range of opportunities

www.nusu.co.uk/volunteering/govolunteer

Colleagues, look out for volunteering opportunities within the University throughout the year such as **congregations** and **clearing**. You can also find out how volunteering is facilitated through the **Volunteering Scheme Policy**.

newcastle.sharepoint.com/hub/people-services/Pages/staff-volunteering-scheme.php.aspx



End of the Week Workshop

Resilience

Michelle Robson, Student Health and Wellbeing Service

To round off the week we have a workshop on resilience. This session is designed to help you understand the factors that contribute to increased symptoms of stress and how these are maintained. This is an opportunity to understand the difference between stress and distress and discuss coping strategies to help build the resilience to cope more effectively.

Kings Gate, 1.20, 3pm-4pm 

For: Everyone.

No booking required: activity limited to 30 people.

book
here

Event Calendar

